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CALGARY metro®

Tuesday, September 11, 2012

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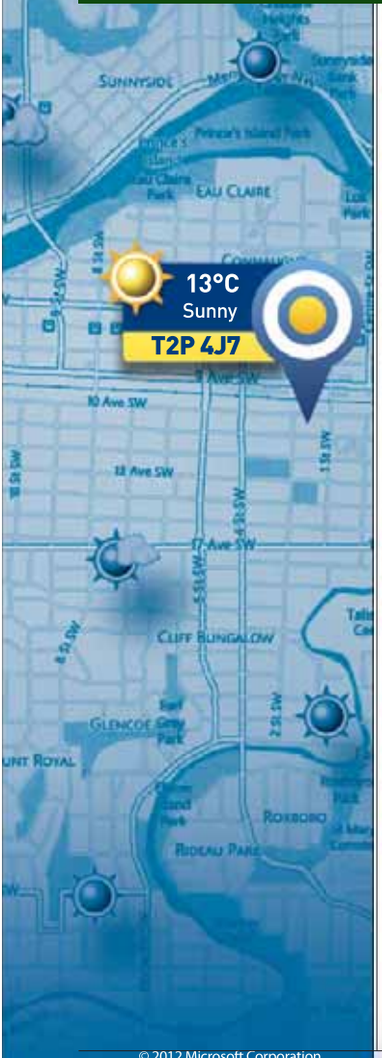

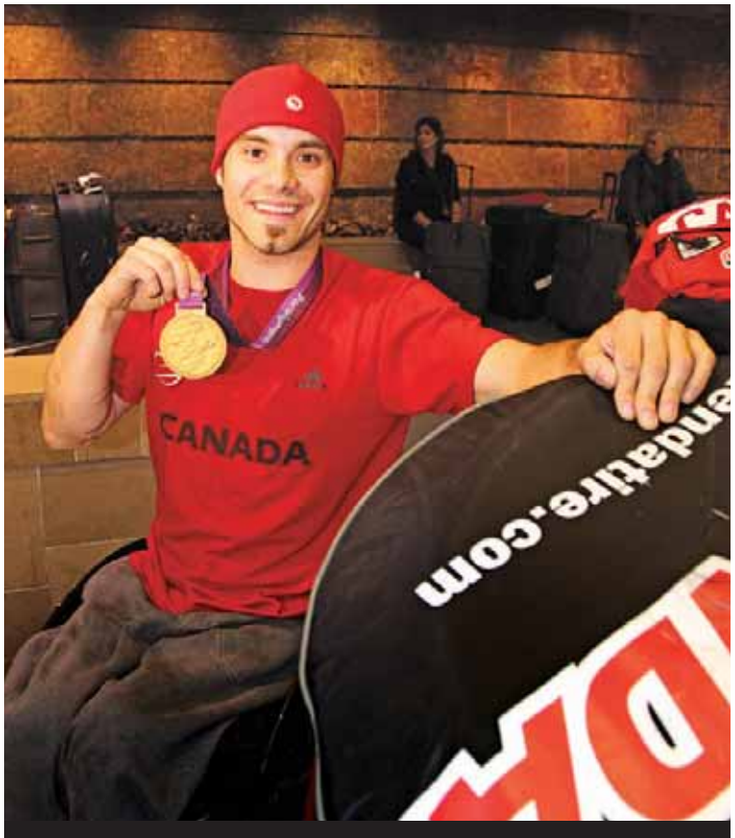

GOT THE GOLD

Gold medalist Chad Jassman with the Canadian men's wheelchair basketball team shows off his hardware after stepping off a plane from London at the Calgary International Airport on Monday. KATIE TURNER/METRO

Beating victim near death

Charged. Crown prosecutor says he will seek stiffer charges for trio charged in vicious attack

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Family members of a man savagely beaten on a Calgary street more than three months ago have begun making funeral preparations after learning he has just hours — maybe a few days at the longest — to live.

John Fernando Herrera-Garcia was walking home with groceries in the 1500 block of 6th Street S.W. at about 11 p.m. May 23 when he was assaulted by three strangers in what police believe was an unprovoked attack.

The 49-year-old Colombia native was left in a coma with severe head injuries. He remained in hospital for months but showed little brain function.

According to a statement issued by the victim's wife Gloria Herrera-Peters through family friend Indira Caro, Herrera-Garcia was recently moved to a hospice and physicians indicated on the weekend that his body is shutting down and he likely won't make it through the week.

John Fernando Herrera-Garcia
HANDOUT

"This battle was lost since the beginning," Caro said. "They (the doctors) tried as much as they could. Their hopes have been defeated at this point."

Three people — Jarod Donald Henry, 22, Garrett Elliott Lee Smith, 26 and Chantelle Tiffany Campbell, 27 — have been charged with attempted murder. Crown prosecutor Ken McCaffrey said Monday he would be seeking upgraded charges of second-degree murder or manslaughter.

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Council

Little Calgary can do to restrict windowless bedrooms

Some aldermen were surprised to learn Monday that homes with windowless bedrooms are legal in Alberta and Calgary has little authority to change that.

"When I originally saw the application, I thought there had been some sort of a mistake, because, of course, every bedroom must have a window," Ald. Gord Lowe said of a proposed development in the northwest community of Kincora that has caused him "grave concern."

The lack of windows in many of the proposed units' bedrooms is a fire hazard, according to Lowe, who initially wanted to instruct city staff to withhold approval of such dwellings.

But after receiving a legal opinion, Lowe backed off slightly and merely asked staff to provide a report on the matter by the end of the year.

City lawyer Jill Floen told council Alberta's Safety Codes Act forbids city bylaws from regulating safety issues already addressed under provincial law.

The Alberta Building Code does require bedrooms to include windows or exterior doors — "except where the suite is sprinklered."

Ald. Gian-Carlo Carra said he was supportive of the intent behind Lowe's notice of motion but joked it might anger Calgary's "vampire community."

Chief city planner Rollin Stanley pledged to have a report to council by December, but he also noted that in Toronto, where he used to work, windowless bedrooms are relatively common.

ROBSON FLETCHER/METRO

A Calgary Fire Department truck is seen in this undated photo. A department fire captain landed in hot water after making derogatory remarks about female co-workers. METRO FILE

Arbitration board backs penalties for fire captain

Ruling. Women's-rights advocate says sexist remarks are part of a larger problem

Fire officials confirmed Monday that derogatory comments made by one of their own last year regarding female subordinates won't cost him his post.

In a July legal decision first reported by Metro on Monday, an arbitration board ruled that an eight-week suspension and six-month demotion is appropriate in the case of Capt. Charles Hendricks.

According to a legal document, the 33-year veteran was talking to a male counterpart while returning in a fire truck from a motor-vehicle accident in March 2011 when he questioned the number of female members at a certain fire hall.

Details

- In his apology letter, Capt. Charles Hendricks wrote, "I cannot tell you how horrible I feel about my very senseless and very unprofessional conduct.... If I could take away the pain I have caused, believe me, I would."
- At the time of Hendricks' derogatory comments, there were just 30 female members in the Calgary Fire Department's 1,300-strong roster.
- For a full copy of the arbitration board's decision on the matter, head to metronews.ca.

Hendricks had forgotten about a female member riding in the back of the truck. She filed a grievance against the captain, giving this account:

"During our drive back to the station, Capt. Hendricks asked the question 'Why is there so many g—es at your hall?' I am unsure who this question was directed at. Firefighter (name withheld) then asked Capt. Hendricks to repeat what he had said. At this time Capt. Hendricks replied, 'C—s, I mean c—s.'"

After learning of the incident, the Calgary Fire Department dismissed the long-standing member, but it reconsidered after he wrote an apology letter and levied instead an eight-week suspension and six-month demotion.

A union grievance still claimed that the punishment was too harsh, leaving the final decision in the hands of the arbitration board, which formally ruled on the matter July 9.

While some called for the captain's resignation Monday after learning of his remarks, Mount Royal University woman's literature professor Jane Drover said education is more important than punishment.

"It's hard," she said. "Why would many women want to go into a profession where this kind of behaviour is allowed and, in many cases, encouraged?"

A statement from the fire department says the organization "does not tolerate harassment of any form or the creation of hostile work environments. We expect every member to be treated with fairness, respect and integrity."

Prior to the incident Hendricks had maintained a discipline-free employment record, according to the arbitration board ruling. JEREMY NOLAIS/METRO

SMEN 1

Mobile news

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Grass fire and smoke stop traffic on Highway 509 on the Blood Reserve Monday west of Lethbridge.
JAIME VEDRES/THE CANADIAN PRESS

Grass fire leads to mandatory evacuations

Fighting back.
Conditions were improving by late evening, with officials saying water bombers had managed to knock back the flames

High winds fuelled a massive grass fire in southern Alberta, prompting precautionary evacuations in at least three communities and threatened even more.

Residents of Coalhurst and Milk River — with populations of 2,200 and 800 respectively — were ordered out of their homes, as were rural residents in the area.

In 2011

- Much of the same area was hit by a grass fire that forced over 100 people from their homes near Lethbridge last November.

A neighbourhood in the much larger city of Lethbridge had also been cleared of its residents and the city declared a state of emergency.

Barbara Edgecombe-Green, spokeswoman for the town of Coalhurst, says police went door-to-door telling people to get out immediately.

The town is supplying a bus for people who have no other transportation.

"For the moment the town is not affected, but we are in direct line of the fire, so to make sure everyone is safe, we are evacuating the town," Edgecombe-Green said Monday afternoon.

The blaze began earlier in the day on the Blood reserve and closed Highway 3, a major roadway in the region.

"We have lots of smoke, we cannot see flames, but there is lots of smoke," Edgecombe-Green said. She estimated the fire to be about a kilometre away from the town.

Flames were being whipped by winds gusting up to more than 100 km/h.

THE CANADIAN PRESS

Probe

Pipeline tampering investigated

An organization that investigates national security threats is looking into weekend mischief that led to a fire at a southern Alberta energy site.

The Integrated National Security Enforcement Team is probing the Saturday night incident southwest of Crossfield, about 50 kilometres north of Calgary.

Mounties say the small fire happened at an oilfield pipe riser and was contained to plug openings connected to the valves of the pipes. THE CANADIAN PRESS

Latest goal. Marathon man shooting for another Guinness World Record

Martin Parnell, known for running 250 marathons in 2010, has set a record for netball and lacrosse and will soon be shooting for the longest game of five-a-side soccer.

For 42 hours, the TriOil Soccer Quest 42 will be played with Parnell and members of the Cochrane Rangers and the Spray Lake Sawmills Family Sports Centre in Cochrane. The goal is to raise $25,000 at the event.

Parnell is attempting to complete 10 quests in five years in hopes of raising $1 million for Right To Play and assisting 20,000 children.

Martin Parnell METRO FILE

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Cineplex. VIP theatre to make its debut in Calgary

Southeast Calgary will be home to a new 11-screen, 43,000-square-foot Cineplex theatre as of 2014.

The Cineplex Odeon Seton will have three VIP screens, which will allow customers to order from a menu and reserve seats in a licensed, adult-only theatre.

"We've got VIP cinemas already in a few markets in Canada," said Mike Langdon, director of communications for Cineplex Entertainment. "It's a relatively new concept."

Theatres in Edmonton, Toronto and London, Ont., currently have VIP cinemas.

On the menu in the VIP areas will be traditional movie snacks such as popcorn and pop, as well as a variety of specialty appetizers.

Langdon said there is a premium attached to the VIP ticket prices, but wouldn't elaborate on exactly how much they would cost.

KATIE TURNER/METRO

Calgary's new Cineplex VIP theatre will follow a similar concept to this one in Coquitlam, B.C.. CONTRIBUTED

Hearing

Suspended teacher to soon learn fate

The fate of a teacher suspended in May for handing out zeros will soon be known.

Physics teacher Lynden Dorval attended a private hearing Monday with members of the Edmonton Public School Board after Bradley recommended he be fired for not obeying lawful directive.

In a letter, Bradley also stated Dorval didn't attend staff meetings and behaved unprofessionally.

Dorval will learn his fate in written response from the school board within a few days. METRO

Paralympians return to cheering Calgary crowd

Performance.
Canada ranked 20th in the medal count at the London Paralympic Games

KATIE TURNER
katie.turner@metronews.ca

Supporters greet Kirstie Kasko, a Paralympic swimmer from Okotoks, at the Calgary International Airport Monday.
KATIE TURNER/METRO

Several Calgary Paralympians were greeted by a cheering crowd of fans as they touched down on Canadian soil Monday.

Wheelchair-basketball athlete Chad Jassman proudly displayed the gold medal he received at the recent London Games. "(My) first Paralympics — it was a great experience and you can't ask for more than winning a gold and going undefeated," he said.

Jassman said he was thrilled to see the support the athletes and the Games as a whole received abroad and at home. "It's cool that the Paralympics are getting more attention."

David Legg, president of the Canadian Paralympic Committee, said after returning from London on Friday, the vibe in the city was electric.

"The Games in London have been described as the best ever ... and I completely agree with that," he said.

Legg said there is still a long way to go in terms of publicizing the Games and letting Canadians with disabilities know these opportunities exist.

Alister McQueen, a first-time track athlete, said with 80,000 spectators in the stadium watching the races, he felt the support.

"How big it was over there was unbelievable," he said. "To come back and see that there's just as much support here, it really does mean a lot."

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Dungeon. Abduction target reacts in court to imprisonment plot

The intended prisoner of a confinement room built in an abandoned Pickering, Ont., farmhouse said she is now living in fear and haunted by images of the makeshift dungeon designed with her in mind.

"I am still in shock," a weeping Gwen Armstrong said in an Oshawa courtroom Monday.

Armstrong was among three women who read victim-impact statements on Monday morning at the sentencing hearing for Robert Edwin White, the 44-year-old man who built a confinement room in the basement of a Pickering farmhouse.

Last Wednesday, White pleaded guilty to a charge of breaking and entering with the intent of committing an indictable offence. An attempted kidnapping charge was withdrawn.

According to an agreed statement of facts, White built the dungeon in order to confine Armstrong, who took in his ex-wife, Patricia Gallagher, after the couple's separation.

In her statement, Armstrong said she only learned last week that the meticulously planned dungeon, with its steel chains and multiple locks, was intended for her all along.

"Like everyone else, I had seen the photos splashed across the newspapers and Internet (but) I didn't fully learn of their significance to me until last Wednesday," she said.

"Since then, those same photos have been running through my mind constantly," she continued. "They fill me with such horror that I feel physically ill."

TORSTAR NEWS SERVICE

Confinement room

The dungeon was discovered in late November by contractors who noticed recent construction in a farmhouse.

- The police discovered a dungeon in the basement with heavy doors and multiple locks, designed to trap someone inside.
- Steel-link chains hung from the ceiling and the heavily reinforced room was bolted from the outside with tire irons.

Shooting victim honoured with civic funeral

Quebec premier-elect Pauline Marois, left, helps Ginette Jean, mother of Denis Blanchette, during funeral services on Monday in Montreal. Blanchette died last week when a gunman opened fire at the Parti Québécois election victory party. He was given a rare civic funeral, which is usually reserved for public figures, as well as police officers slain in the line of duty. Richard Henry Bain faces 16 charges, including first-degree murder, in the shooting. GRAHAM HUGHES/THE CANADIAN PRESS

Long-gun registry

PM's words cited in court rebuke

A court delivered a stinging rebuke to the federal government over its plan to scrap the long-gun registry even if a province wants to keep it, with Monday's verdict even singling out Prime Minister Stephen Harper.

The Quebec Superior Court accused the federal government of violating principles of Canadian federalism, and its 42-page verdict cited the prime minister's words as evidence.

THE CANADIAN PRESS

Online company

Don't buy HIV home testing kits: Health Canada

Health Canada is warning consumers about a web-based company that is trying to sell home testing kits for HIV and a number of other sexually transmitted infections.

The department says there are no HIV test kits licensed for home use in this country.

THE ASSOCIATED PRESS

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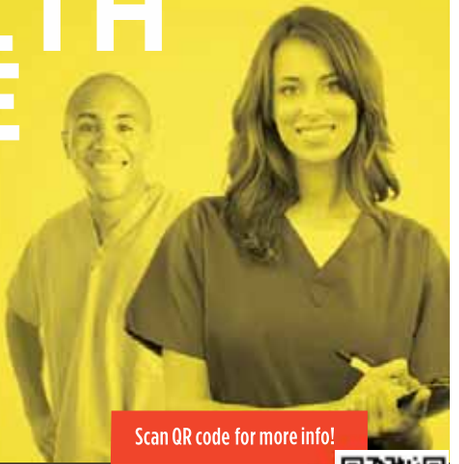

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News worth sharing.

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Feds plan to revoke resident status of application cheats

Immigration fraud. Minister looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government reprised a familiar get-tough message for immigration cheats Monday, promising to revoke the status of more than 3,100 people it says abused the system in order to claim Canadian citizenship.

Several thousand more are being investigated to determine if they obtained or are maintaining their permanent residence fraudulently, said Immigration Minister Jason Kenney, who was forced to admit only a handful of people have been dealt with so far.

There are 3,139 Canadian citizens currently under investigation for residence fraud, but so far only 19 of them have had their citizenship revoked. That's because the process —part of a long-term crackdown — takes several years, Kenney said.

Letters have been sent to 530 people informing them of the government's intention to revoke their citizenship, he added.

"Canadian citizenship is not for sale," the minister told a news conference.

"We will continue to take strong measures to combat the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

Toronto lawyer Lorne Waldman dismissed Kenney's announcement as old information being warmed over for political purposes.

"It's important that we take measures to eliminate fraud; no one disputes that," Waldman said. "But why is it that we have to continually send out this message?"

Kenney says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

Citizenship and Immigration Canada says a total of nearly 11,000 people have been potentially implicated in lying to apply for citizenship or maintain permanent-residence status.

THE CANADIAN PRESS

Bottom line

"Canadian citizenship is not for sale."

Minister of Immigration and Citizenship Jason Kenney

Minister of Immigration and Citizenship Jason Kenney speaks at the National Press Theatre in Ottawa on Monday.
SEAN KILPATRICK/THE CANADIAN PRESS

IAEA demands Iran's co-operation in investigation

Iranian-Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel Iranian diplomats from Canada. SEAN KILPATRICK/THE CANADIAN PRESS

The head of the UN nuclear agency made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Yukiya Amano also warned that months of delays were hurting attempts by his International Atomic Energy Agency to look into concerns at one particular site — the Parchin military complex southeast of Tehran, where the IAEA thinks Iran may have experimented with blast tests used to set off a nuclear charge.

"We need to stop going around in circles," Amano said of months of fruitless IAEA-Iran talks aimed at gaining access to the Parchin site and making inroads into agency probes of other alleged nuclear arms experiments. "This is frustrating."

Asked why there was no progress on the Parchin probe, Amano told reporters: "You'd better ask Iran."

Iran denies any interest in nuclear arms. It dismisses Western accusations that it is enriching uranium to be able to make the fissile core of nuclear arms, saying the process is meant only to produce reactor fuel. And it rejects allegations that it experimented with components of a nuclear weapons program and denied IAEA experts access to sites, documents and officials linked to the work.

Tensions are growing as time drags on, with Israeli officials using the lack of progress in both IAEA and international diplomatic efforts to engage Iran in their argument that there is a need to bomb Iran's nuclear installations.

THE ASSOCIATED PRESS

Cutting ties

Canada shut its embassy in Tehran on Friday, severing diplomatic relations.

- An Iranian news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.
- Iran called the decision "hasty and unwise" and said it would react in the near future.

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East Coast braces for Leslie

Workers head to the Colchester Legion Stadium as dikes on the Salmon River gave way in Truro, N.S. ANDREW VAUGHAN/THE CANADIAN PRESS

Tropical storm or hurricane? Memories of Igor motivating residents to prepare for the worst

Newfoundlanders who were hit hard by Hurricane Igor two years ago were stocking up and hunkering down Monday for Tropical Storm Leslie.

Leslie isn't expected to be quite as ferocious as Igor, but will almost certainly churn ashore early Tuesday with its centre near the Burin Peninsula in southeast Newfoundland, said the Canadian Hurricane Centre.

Forecasters say Leslie will touch down as a hurricane or a strong tropical storm, depending on its wind speed.

Patricia Devine of Clarenville in southeastern Newfoundland was keeping a wary eye on the weather after Igor caused more than $25,000 in flood damage to her home on Sept. 21, 2010.

"All over this town trees were down, an awful lot of people got flooded basements. Oh, it was awful," she recalled.

Igor also killed one man on nearby Random Island as a surge of water swept out the road beneath him.

"I'll never forget it," Devine said. "In fact, I'm very nervous. I'm saying a lot of prayers."

She was among many residents who spent the day buying food, water and gasoline, checking sump pumps, preparing generators and making sure they had flashlights, batteries and emergency contact numbers at hand.

On the Port au Port Peninsula, which hangs off Newfoundland's west coast, about 40 millimetres of fast-falling rain Monday swelled streams that flow down hills along its southern coast. Water swamped parts of Route 460, the main highway, as provincial transportation officials advised that the peninsula was inaccessible with no alternate route.

Local Cape St. George Mayor Peter Fenwick was worried Monday afternoon that Leslie will unleash a lot more rain, as forecast.

"If that happens, I think it will be a real problem in terms of a number of spots," he said of culverts that may be too small for so much runoff. "When I drove over it, I counted at least three or four different spots where the water could break through the road."

THE CANADIAN PRESS

High winds

Forecaster Bob Robichaud of the Canadian Hurricane Centre said the biggest concern is Leslie's sheer size.

- "We could see gusts up to 80 km/h even in the Cape Breton area," Robichaud said. "To the east of the track, which would be over the Avalon Peninsula of Newfoundland, we could see gusts over 100 km/h."

Forest fire. Evacuation order lifted for most Peachland, B.C., residents

Roughly two-thirds of residents who've been kept from their homes due to a forest fire in Peachland, B.C., are being allowed to return.

The local regional district says about 1,100 people are allowed to return, effective immediately, after a rapidly moving forest fire forced them from their homes for a day.

Another 400 people remain under an evacuation order, and they will be spending another night in hotels and with friends and relatives.

The fire broke out Sunday in an area just northwest of Peachland, quickly spreading due to high winds and destroying four houses.

Officials started the morning on Monday saying the fire was 50 per cent contained and that cool weather and rain had slowed the blaze's progress.

The forecast for the rest of the week is hot and sunny, but fire officials note that winds are not expected to be strong, which makes it easier to keep the fire from spreading further.

THE CANADIAN PRESS

A helicopter drops water on a wildfire in Peachland, B.C., on Monday. DARRYL DYCK/THE CANADIAN PRESS

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Politics not welcome at Sept. 11 ceremony

Victims' families to speak instead. Rule intended to prevent campaigning during critical election year

For the first time, elected officials won't speak at Tuesday's ceremony commemorating the Sept. 11 attacks — an occasion that has allowed them a solemn turn in the spotlight. The change was made in the name of sidelining politics, but some have rapped it as a political move in itself.

It's a sign of the entrenched sensitivity of the politics of Sept. 11, even after a decade of commemorating the attacks that killed nearly 3,000 people. From the first anniversary in 2002, the date has been filled with questions about how — or even whether — to try to separate the Sept. 11 that is about personal loss from the 9-11 that reverberates through public life.

The answers are complicated for Debra Burlingame, whose brother Charles was the pilot of the hijacked plane that crashed into the Pentagon. She feels politicians' involvement can lend gravity to the remembrances, but she empathizes with the reasons for silencing officeholders this year.

"It is the one day, out of 365 days a year, where, when we invoke the term '9-11,' we mean the people who died and the events that happened," said Burlingame, who's on the board of the organization that announced the change in plans this year.

"So I think the idea that it's even controversial that politicians wouldn't be speaking is really rather remarkable."

But in July, the National Sept. 11 Memorial and Museum announced that this year's version would include only relatives of victims.

The point, memorial president Joe Daniels said, was "honouring the victims and their families in a way free of politics" in an election year. THE ASSOCIATED PRESS

Visitors attend the National Sept. 11 Memorial. THE ASSOCIATED PRESS

Labour unrest spreading among South Africa's miners

Miners march to Lonmin Platinum Mine near Rustenburg, South Africa, in an attempt to stop operations. Such labour unrest spread in South Africa on Monday as a wildcat strike by 15,000 workers stopping operations at a gold mine while few workers reported for duty in the fourth week of a stoppage at the world's third-largest platinum mine. Lonmin PLC platinum mine said just six per cent of its 28,000 workers turned up Monday morning at its mine in Marikana, west of Johannesburg. THE ASSOCIATED PRESS

Election in South Africa. Zuma defends his record while protests get violent

South African President Jacob Zuma said his government provides public services better than any other African country, defending his record Monday against mounting and often-violent protests as he gears up for a re-election bid.

But there is growing rage over failures to address poverty, massive unemployment and other problems.

Some of the anger is directed at Zuma as he campaigns to be re-elected as leader of the African National Congress in December. THE ASSOCIATED PRESS

South African President Jacob Zuma seeks re-election. GETTY IMAGES FILE

Prison handover

U.S., Afghanistan at odds over fate of terror suspects

Afghanistan President Hamid Karzai welcomed Monday's handover of the main American-run prison to Afghan forces as a victory for Afghan sovereignty, though he and U.S. officials remain locked in a dispute over the fate of hundreds of suspects.

The United States is withholding the transfer of scores of inmates, reportedly out of concern that Afghan authorities may simply let some dangerous detainees go.

Guantanamo Bay. Inmate dies while in disciplinary section after altercation

A prisoner has died at the U.S. navy base in Guantanamo Bay, Cuba, the U.S. military said Monday, two days after the man was apparently found unconscious in his cell.

The prisoner, whose name and nationality were not released, was found by guards on Saturday and taken to a hospital, where he was declared dead "after extensive lifesaving measures had been performed," the U.S. military's Southern Command said.

He was the ninth prisoner to die at the facility since it was opened in January 2002. The military has said two of those deaths were by natural causes and six were declared suicides.

The death occurred in Camp 5, a section of the prison used mostly to hold prisoners who have broken detention-centre rules, said a spokesman for the prison.

This prisoner had recently splashed a guard with what military officials call a "cocktail," typically a mixture of food and bodily fluids, which is why he was on disciplinary status, the statement said. THE ASSOCIATED PRESS

Nuclear fears

Hiroshima group protests in Israel

A group of survivors from the Hiroshima atomic bomb in 1945 attack have held a protest in Jerusalem calling for the end of nuclear weapons.

The group visited Jerusalem's holy sites on Monday and held signs reading "Nuclear Abolition" in Japanese.

The visit comes amid growing tensions between Israel and Iran over the Islamic republic's nuclear program. Israel and much of the West believe Iran is seeking nuclear weapons, a charge that Tehran denies. THE ASSOCIATED PRESS

Violence erupts

Palestinians fed up with leaders

Palestinian demonstrators fed up with high prices and unpaid salaries shuttered shops, halted traffic with burning tires and clashed with riot police in demonstrations across the West Bank on Monday — the largest show of popular discontent with the Palestinian Authority in its 18-year existence.

The violence showed that the unrest, initially supported by Palestinian leaders in hopes of drawing international attention to the struggling economy, risks backfiring and morphing into a broader movement against the government.

The most heated clashes occurred in Hebron, where hundreds of protesters smashed the windows of a municipality building with rocks. Later, protesters tried to attack the police station, prompting a pitched rock-hurling battle between police and demonstrators. THE ASSOCIATED PRESS

China angered

Japan to buy disputed islands

Japan's government said Monday it has decided to purchase several disputed islands, prompting China to angrily warn of "serious consequences" if it proceeds with the plan.

Chief Cabinet Secretary Osamu Fujimura said Japan will buy the three uninhabited islands in the East China Sea from a private Japanese family it recognizes as the owner. China and Taiwan also claim the islands, which are part of what Japan calls the Senkakus and China the Diaoyu group and may have oil reserves nearby. THE ASSOCIATED PRESS

Margo Trushina photographs a supporter at the Pussy Riot benefit in Russia Monday. MICHAEL SOHN/THE ASSOCIATED PRESS

Officials fail to stop Pussy Riot benefit concert

Russian activists. About 1,000 fans gather to support jailed trio, four detained for alleged jaywalking offences

A music festival to support jailed members of the Russian band Pussy Riot went forward despite official pressure to cancel it, organizers said Monday.

Olga Kurnosova said city officials had tried to force her to stop Sunday's show in St. Petersburg — President Vladimir Putin's hometown — and firefighters had threatened to close down the Glavklub hall, claiming safety violations ahead of the concert.

About 1,000 people attended the "Free Pussy Riot Fest" headlined by the Russian rock protest bands DDT and Televizor, whose songs have long riled Soviet authorities and Putin's Kremlin.

Last month three members of Pussy Riot were sentenced to two years in jail for a "punk prayer" against Putin in Russia's largest cathedral in a trial that provoked an international outcry.

Several younger rock bands and rappers voiced their support for Pussy Riot from the stage Sunday, and some spectators were wearing balaclavas — the feminist band's trademark head wear.

Dozens of riot police surrounded the festival venue and detained four people afterward for alleged jaywalking, Russian media reported.

Proceeds from the show will be donated to Pussy Riot and other activists in jail under Putin, organizers said. THE ASSOCIATED PRESS

New Jersey

Trenton mayor in deep trouble

U.S. federal agents have arrested the mayor of Trenton, N.J. Mayor Tony Mack, his brother Ralphiel and sex offender Joseph Giorgianni are all accused of extortion. THE ASSOCIATED PRESS

Fear of commitment?

Church accused of discrimination

A gay couple has sued the Roman Catholic Diocese of Worcester, Mass., for allegedly refusing to sell them a mansion because of fear they would host gay weddings at the site. THE ASSOCIATED PRESS

Katyn massacre. Files indicate Roosevelt aided Soviets in huge coverup

Two American POWs sent secret coded messages to Washington with news of a Soviet atrocity. In 1943 they saw rows of corpses in an advanced state of decay in the Katyn forest, on the western edge of Russia, proof that the killers could not have been the Nazis who had only recently occupied the area.

The testimony about the massacre of Polish officers might have lessened the tragic fate that befell Poland under the Soviets, some scholars believe. Instead, it vanished into the heart of American government. The long-held suspicion is that President Franklin Delano Roosevelt didn't want to anger Josef Stalin, an ally whom the Americans were counting on to defeat Germany and Japan during World War II.

Documents released Monday lend weight to the belief that suppression within the highest levels of the U.S. government helped cover up Soviet guilt in the killing of some 22,000 Polish officers in 1940.

The most dramatic revelation so far is the evidence of the secret codes sent by the two American POWs — which adds to evidence that the Roosevelt administration knew of the Soviet atrocity early on. THE ASSOCIATED PRESS

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Economic outlook

Fed boost could lift economy

Canada's struggling economy will likely get a nudge from stimulus measures being adopted in major world economies, with the U.S. Federal Reserve likely to introduce measures on Thursday. THE CANADIAN PRESS

Tech toys

Toys R Us to offer tablet for tots

Toys R Us said Monday that it plans to launch its own tablet computer aimed at children called Tabeo, a low-priced entry into the increasingly crowded tablet business. THE ASSOCIATED PRESS

Market Minute

DOLLAR 102.30¢ (+0.07¢)

TSX 12,215.43 (-52.58)

OIL $96.54 US (+$0.12¢)

GOLD $1,731.80 US (-$8.70)

Natural gas: $2.81 US (+13¢)
Dow Jones: 13,254.29 (-52.35)

GOOD NEWS TODAY

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(Genesis 39:2, The Lord was with Joseph, so he succeeded in everything he did as he served in the home of his master)

GOODNEWSTODAY.CA

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

Customers have dinner at the Muru "pop-down" restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros ($160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with experience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"'Pop-down' is such a unique idea that I just had to do it," Linnamaki said. "It's great working down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry. THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's $3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content. THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

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French tycoon's move rattles plan to tax rich

Tax evasion? Europe's richest man applies for citizenship in Belgium after France's Socialist government plans to tax the super-rich

Bernard Arnault — the richest man in Europe — has ignited an uproar in France over taxes, citizenship, patriotism and what policies the government needs to promote growth.

Arnault — the CEO of French fashion giant LVMH, owner of houses like Louis Vuitton and Christian Dior — is the symbol of France's treasured luxury fashion industry.

So when the face of "Made in France" confirmed Sunday that he had applied for dual citizenship in Belgium it struck a deep chord in France's national pride.

Despite his protests, many thought it was an attempt to dodge the new Socialist government's planned 75 per cent tax on the country's wealthiest.

One French paper's front-page headline called him a "rich jerk" on Monday and French President Francois Hollande questioned Arnault's patriotism.

But the debacle highlighted a very French contradiction: A country that prides itself on producing exorbitantly priced luxury fashion has tax policies that target the very people rich enough to buy French goods.

Arnault's application to Belgium comes as Hollande prepares to roll out a 75 per cent tax on those that earn more than one million euros ($1.28 million) a year — although it was hinted the plan could be watered down.

THE ASSOCIATED PRESS

Quoted

"This will spread like wildfire. And all over the planet they'll say that France is the country that doesn't like success."

Francois Fillon, France's former Conservative prime minister, directly blaming the Socialist government's tax policy.

In numbers

$41B

Arnault is the world's fourth-richest man, his personal fortune is estimated at $41 billion US by Forbes magazine.

Small rum producers hurt by U.S. subsidies

Rum, the sugar-based liquor that has fuelled the development of the Caribbean for centuries, has become the focus of an increasingly bitter dispute with the U.S.

Small producers in countries such as Antigua, Guyana and Jamaica complain they are being punched by unfair trade and marketing advantages for global beverage corporations operating in U.S. territories, and say U.S. rum subsidies threaten to drive some beloved top-shelf Caribbean labels out of business or force them to sell out.

"The amounts that are being doled out now are staggering," said Frank Ward, chairman of the West Indies Rum & Spirits Producers' Association. "We were able to live with the level of U.S. subsidies as they once were. But the massive increases, we believe, have skewed the market."

It's a high-stakes battle because rum, first developed on Caribbean sugar plantations in the 17th century and deeply engrained in local culture and history, is one of the few competitive industries for the tourism-dependent region's tiny, vulnerable economies.

The subsidies come from money raised through an excise tax on liquor sold in the U.S. Under an obscure federal law, almost all of the money generated by rum goes to the treasuries of Puerto Rico and the U.S. Virgin Islands. Those tropical territories in turn hand a share of it to the producers as a subsidy to do business there.

Distillers in other countries say they lived fairly comfortably with the U.S. subsidies for decades, even if they thought the rebates gave advantages to rum giant Bacardi Ltd. in Puerto Rico and Cruzan Rum, a U.S. Virgin Islands brand now owned by Beam Inc., the U.S. maker of spirits such as Jim Beam and Maker's Mark.

But they are alarmed by recent deals that sharply increased the subsidies for already powerful corporations in the two territories.

THE ASSOCIATED PRESS

A variety of Puerto Rican rums sit at a bar in San Juan, Puerto Rico, on Sept. 7. RICARDO ARDUENGO/THE ASSOCIATED PRESS FILE

In numbers

$50M

The tipple, which can range from colourless to coppery, from almost tasteless to richly layered, generates roughly $500 million US in foreign exchange for independent Caribbean countries and more than $250 million US in tax revenue.

LIKE MOTHER, LIKE DAUGHTER WHETHER YOU LIKE IT OR NOT

SHE SAYS... Jessica Napier metronews.ca

I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable, I've begun to notice that I'm instinctively — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting-card company might not be the most scientific poll of all time, but it seems pretty reasonable that the transition would happen around this age. For many women, our early thirties are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

Similar shopping standards

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume that the metamorphosis from my former self to mom will accelerate to a Kafkaesque top speed.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

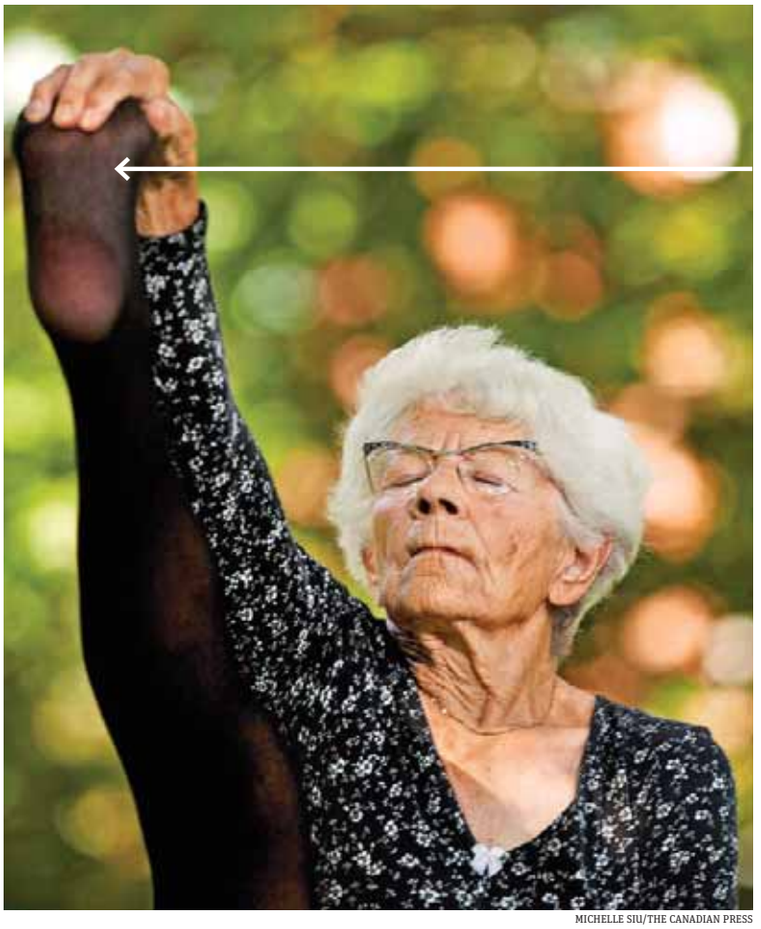
I hear her voice inside my head every time I philosophize about the importance of dressing in layers or when I tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself but in my friends as well. Kelly is turning into Kathy, and Jen is turning into Janet, and other Jen is turning into Jo Ann (yes, these are real alliteration-loving mother-daughter combos). Of course, none of us are carbon copies of our mothers; we're more like funhouse-mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn, and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.

Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar party held at Pacific Design Center in West Hollywood, Calif., in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher



MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society. THE CANADIAN PRESS

Practises every day

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot." Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- She now teaches in the Bayshore Village area, near Orillia, with classes that range from five or six up to about 17 people per class.
- Her students tend to be women ranging in age from their 50s up to their 80s.

Why she stuck with it

"It's made me physically very flexible, and, inside, it's made me look at circumstances in a peaceful way.... Things won't make me quite so angry as they used to." Ida Herbert

Metropolitan Panel

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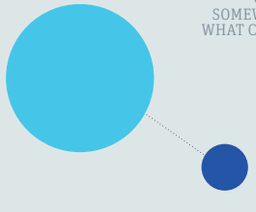

Twitter

@ceilidh_n_quinn: 3 km's in 15 minutes... Wow, I officially hate traffic!!! #YYC

@jjmorelyle: Thank you to the person who turned in my iPhone at Safeway in SW Calgary. Love the honest people in #yyc #thankastranger

@kaimcn: I will wear sundresses until the leaves on the banks of the Bow change colour (and maybe beyond). #yyc

@Catvanzyl: Its snowing 30 mins away from me. Yes, you read that right. I think we'll just get rain. *fingers crossed* I am not ready for snow yet. #YYC

@Charlton_Lender: Sure a lot of trucks in #yyc hauling tree branches! The downside of living in a mature neighbourhood....the only downside....

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What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY
Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what "family" means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

"We were in the writers' room of Glee, and we were writing a nemesis for Jane Lynch, and I said, 'You know what we need? We need somebody like this.' And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, 'Wow. I don't even know if NeNe wants to act, but we should talk to her and offer her this part,' which was Roz, that she did so well."

Murphy approached Leakes for the role of Rocky because "she's just hilarious," he adds.

Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn't bothered if she offends someone. "(The New Normal) in many ways is about tolerance, and I think it's about a discussion of tolerance," Murphy says.

"When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: 'Was that good? Was that bad? What was that?' I think people will talk about some things that the (New Normal) characters say, obviously, but I think that's a good thing."

Call 'unconventional' families 'normal'

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. "So many people watched those shows and are educated. Those shows changed views," he says.

And while The New Normal is loosely based on Murphy's own life — "the show came about because my partner and I have been having conversations about surrogacy," he says — the sitcom also delves into every character reexamining his or her life and asking, "What's next?"

"We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again," Murphy says of Goldie and Jane.

The controversy metre

- 'Challenge' the idea of conventional family
- No-filter grandma
- Real Housewife actress

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- **Air times.** The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.

SCENE2

On the web

George Michael makes pop history at Paris Opera concert.

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DVD reviews

What to Expect When You're Expecting

Director. Kirk Jones

Stars. Cameron Diaz, Matthew Morrison, J. Todd Smith

●●●○○

What to Expect When You're Expecting, based on the self-help book of the same name, gives us a look at five couples who aren't too sure what to make of the fact that they're in the family way. Director Kirk Jones (Nanny McPhee) loads his film with star power, with moms-to-be played by Anna Kendrick, Cameron Diaz, Elizabeth Banks, Brooklyn Decker and Jennifer Lopez. Their characters range in ages, incomes, circumstances and commitment to the whole blessed event. Chris Rock and Tom Lennon provide comic relief as the most wisecracking members of a "dudes group" of stroller-pushing dads. They help keep things from getting too saccharine. None of these couples are sure about what to expect, allowing the script by Shauna Cross and Heather Hatch to deliver a few surprises along with laughter and tears.

PETER HOWELL

From gory zombie kills to catwalk thrills

Milla Jovovich is a fixture at many of the fashion weeks. GETTY IMAGES

Milla Jovovich.

Resident Evil star gets ready for the world's fashion weeks

NED EHRBAR
Metro World News in Hollywood

She may have a film, Resident Evil: Retribution, coming out this Friday, but Milla Jovovich has a little more than press junkets and promotional tours on her mind. September also marks the start of the Fashion Weeks season in various cities — New York, Milan, Paris, Toronto — and the star has been a front row fixture at many in the past

Anything in particular you're looking forward to at the various Fashion Weeks?

I am super-looking forward to going to Paris to see Hedi Slimane's new Yves Saint Laurent show. It's going to be super-exciting because I love Hedi and he's amazing. I mean, to think that he's designing for Yves Saint Laurent is pretty exciting. It's his first show, so I'm excited to see that.

And you'll be right in the front row?

Listen, I'd be in the standing row, I don't care. I've been in the standing row before. You know, I don't get caught up in front row stuff unless it's, like, important for the designer. But if I want to go see a show and relate or whatever, I'll just go and stand. I don't care. It's not like people are going to be like, "Oh! Milla wasn't allowed in the front row. I guess she's not hot." It's all good, I'm confident. I'm 36 and I'm still relevant, so I can stand. I'm not that insecure (laughs).

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The Word

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welsh of Florence + The Machine).

It's the second time down the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.

Liberty walks it off

Liberty Ross

Liberty Ross, who has been estranged from husband Rupert Sanders since news of his affair with Kristen Stewart came to light, made her first public appearance over the weekend by walking the catwalk at Alexander Wang's New York Fashion Week show. And it was no easy feat for the model and mother of two. "I was totally terrified," Ross tells the Cut. "I hadn't actually been out of my house for seven weeks so I was really anxious. But it felt amazing."

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Miley Cyrus

Scissor scare for Cyrus

An unidentified man wielding a pair of scissors reportedly tried to force his way in Miley Cyrus' Los Angeles-area home late at night over the weekend, according to the Associated Press. Luckily, Cyrus wasn't home at the time the man attempted entry, claiming to be a friend of the singer and actress. Police were called by employees inside the house and arrested the man after spotting him jumping behind bushes on the property.

'We're going to be fine': Stewart on soured relationship

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells the Associated Press. We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the largest Hollywood premiere in history for the film's November release.

Kristen Stewart

Did a political rally ignite this former flame?

Scarlett Johansson turned heads at the Democratic National Convention when she held hands and acted affectionate with former flame Jared Leto, but her rep insists there's nothing fishy going on.

"Scarlett is still dating Nate [Naylor]," her rep says, according to Us Weekly. "This is very innocent. Scarlett and Jared have remained friends, nothing more, nothing less. Let's concentrate on the DNC and her speech, which is exponentially more important." Johansson had addressed the convention earlier in the evening, preceding the speech by President Barack Obama.

Scarlett Johansson, Jared Leto ALL PHOTOS GETTY IMAGES

Are you punk? Hippie? Goth? How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA MCGUINNESS
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When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap. A high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

It's an enabler of change (you can believe in)

Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you.

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.

On the Web

Taking a 'drug holiday' can cut side effects for some prostate cancer patients

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Weirdest baby births

MICHELLE CASTILLO
Metro World News

Welcome baby EK to the world! The name might seem strange, but the circumstances of his birth are weirder.

According to Persian Gulf newspaper XPRESS, the baby was named after the flight code for Emirates airline after he was born en route on one of the company's flights from Dubai to Manila. His mother, was only 27 weeks pregnant. She reportedly felt some extreme pain and headed to the airplane bathroom. The next thing she knew, her baby boy was inside the toilet.

Thanks to four flight attendants and two nurses, the baby survived. The plane diverted to Vietnam, and the two were rushed to a local Ho Chi Minh hospital.

That's not the most surprising birth on record. Check out these other babies who couldn't wait to be born.

Hello cruel world. THINKSTOCK

• Sonia Marina Nascimento may have entered the post office in Cambridgeshire, England looking to buy some minutes for her cell phone, but left with a package that weighed 5 lbs. 15 oz., according to the BBC. Nascimento went into labour at the post office and delivered before paramedics could arrive. The clerk on duty made sure to give baby girl Dulce an official weigh in on the scales.

• In order to avoid floods that were destroying her town in Mozambique, full term Carolina Chirindza climbed up a tree. The Irish Independent reported that for four days, she survived without food and water. When the helicopter finally rescued Chirindza, it also brought up baby Rosita. Her mother not only delivered her in the treetops but also held onto her so she wouldn't fall in the crocodile-infested waters.

• A couple that was part of the Occupy Wall Street protests had an unexpected member join its cause. When mother Mila Amie Economopoulos Jones went into labour, her husband and an organizer cut their Occupy meeting short and rushed her to the hospital in a cab, according to NBC New York. It was too late though: Jones gave birth in the backseat of the vehicle.

• This last one isn't weird because of where the baby was born but how. In 2009, Mia Washington, of Texas, had twin boys, but each, a DNA test proved later, had a different father. Known as heteropaternal superfecundation, it happens rarely, and usually then when in vitro is involved. But Washington's pregnancy was natural, so to speak. We'll let you imagine how it happened.

Visitors and tourists are photographing roses that were left at the September 11 Memorial to honour the people that were lost at the World Trade Center attacks in Lower Manhattan. ISTOCK IMAGES

How to deal with an anniversary of your loss

Coping with grief. Waves of intense emotions are common and there are ways you can prepare for and recover from them

CELIA MILNE
life@metronews.ca

Unhappy anniversary. How do you deal with a date signifying loss?

Whether it's a day of collective grieving such as 9-11 or another day of loss, many people have tough anniversaries on the calendar.

Metro spoke to Toronto psychologist Dr. Kimberly Watson about how to deal with days that mark a disaster, a war, the death of a loved one, a bad diagnosis, an injury, a relationship loss, or a miscarriage.

"Grief has been described to me like coming in waves," says Watson. "With time, the waves come less frequently and less intensely."

Anniversaries may bring back waves of intensified grief.

"People might worry they are not 'over' their grief as much as they had thought. What they may come to understand is that these periodic increases in grief, in response to reminders such as anniversary dates, are a normal part of the process of recovering from loss."

Reactions to an unhappy anniversary might include sadness, sleep disturbance, anger, irritability, dreams, loss of appetite, headaches, and preoccupation with thoughts and memories of the events surrounding the loss.

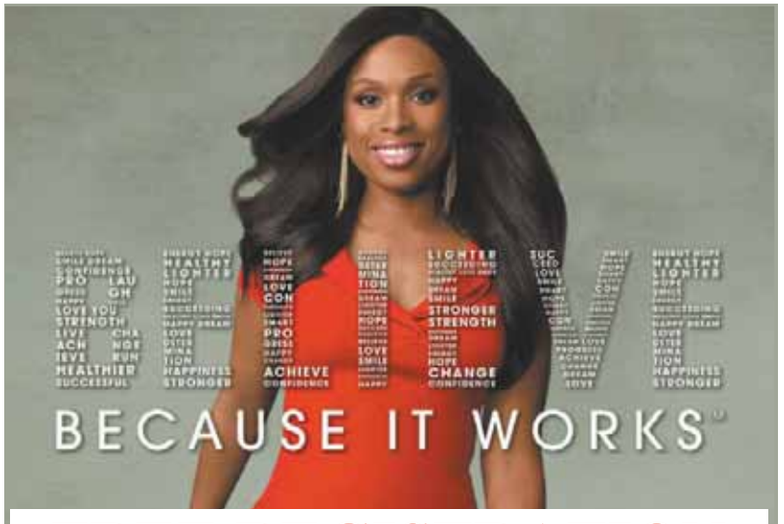
How do you cope? Watson recommends making a plan to get through the day. Honour the loss and feel your feelings.

"It is normal to feel increased distress. It is also normal to smile or laugh. Allow all of it," she says.

Tips

Here are some of Dr. Watson's tips on marking a day of loss:

- **Tip #1.** Light a candle in honour of the loss.
- **Tip #2.** Gather with friends and family and tell stories.
- **Tip #3.** Talk or write about what you miss.
- **Tip #4.** Spend time looking at home videos or photo albums.
- **Tip #5.** Pray or meditate.
- **Tip #6.** Do something that symbolically reflects transition and letting go, such as writing and then burning a letter, or releasing a balloon into the air.
- **Tip #7.** Plant a tree



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Advice

Birthday gift options for the elder

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What would be an appropriate birthday gift for a 70-year-old woman?
Thank you! Marian

Dear Marian,

A birthday gift, let alone a 70th birthday gift, is something very important — you've now got the objective of finding something that makes this person particularly happy.

From what I have experienced, people at that age more often prefer an experience rather than a particular gift. That being said, because I don't know this lady, I have several suggestions either way.

First, if she's been married for 70 years it would be something platinum, so this may be a starting point. Perhaps something platinum with her birth stone?

A family celebration either at a relative's home or at a special restaurant would be fun.

Perhaps rent a fancy car to pick her up to take her to dinner, where the family is waiting for her as a surprise!

If she loves wine, as most women do, perhaps a bottle of red wine from the year of her birth, but that can get very expensive. You can buy from the New York Times the front page of the newspaper from any year you wish — this, framed could be nice. Does this lady have a collection of any kind? Antique dolls, china pieces or crystal objects that she keeps in a curio cabinet?

Those are just my suggestions. If anyone has some great ideas, please email them to me and I will list them in a future column. Until then, hope she has a happy birthday!

No matter the age of the recipient, you have got to get them something sweet for their birthday. ISTOCK

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?
Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?
You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

Stat
45%
of you get busy ... weekly.

Stat
22%
want to see Batman and Catwoman get it on..

What kind of erotica do you enjoy?
About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?
For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five percent couldn't ignore that the books' popularity was probably due to the connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?
Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012.

METRO WORLD NEWS

What kind of lover are you?

Answer key

Did you answer mostly....

- **A's.** You're a romantic, how sweet. Consider adding a little edge, though. And stop calling people Snugglebutt.
- **B's.** You're selfish (and kind of douchey). We're kind of attracted.
- **C's.** You're kinky. Roll up this newspaper and spank someone.

SHAKTHI JOTHIANANDAN
Metro World News

1. Do you like to try new sex positions?
A) Only ones where my Snugglebutt and I can gaze longingly into each other's eyes
B) Nah, I know what works for me and stick to it.
C) I open my copy of the Kama Sutra almost as much as my legs.

2. Lights on or off?
A) Candles? But of course!
B) Does (s)he look fat? Then shut 'em off. Ruins my mojo.
C) Hmm, well the lights usually flash on AND off at the Happy Hardcore sex club...

3. What goes through your head during sex?
A) Love me, love me, say that you love me ...
B) Alright, let's get to my stuff, already.
C) I wonder if (s)he'll notice me reading the news on my iPhone

4. Favourite background sex music?
A) 2 Become 1, The Spice Girls. Or the Fifty Shades of Grey audiobook.
B) (I Can't Get No) Satisfaction, The Rolling Stones
C) Trapped in the Closet, Chapter 9. A midget.

5. You prefer to sleep:
A) In something lacy, silky or soft.
B) Alone.
C) In a choke-hold.

6. Who's your all-time favourite celebrity couple?
A) William and Kate, the Duke and Duchess of Cambridge. Nothing better than a real-life fairy tale.
B) Jack Nicholson and ... everyone. That man did what and whomever he wanted.
C) Angelina Jolie and Billy Bob Thornton

7. Mid-sack session you get the sense that your lover isn't into it. You:
A) Reach for more warming lavender massage oil. Mmmm.
B) Don't notice, don't care
C) Loosen his/her chains.

8. What was your favourite childhood activity?
A) Watching your favourite Disney movies (namely Cinderella, Beauty and the Beast and Snow White) on repeat.
B) A tea party alone.
C) The swings.

Pineapples and coconut sauce: Tropical take on scallop stir-fry

ROSE REISMAN
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I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.

This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok) and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce
- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry
- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Light, chilled and so refreshing.
Summer Ceviche with Shrimp & Crab

1. In blender, combine lime juice, tomatillos, cilantro and kosher salt. Puree until smooth; set aside.

2. Cut each shrimp into 3 large chunks. Place shrimp in bowl, then pour lime juice mix over them. Mix well, then stir in crab. Cover and refrigerate 30 mins., mixing every 10 mins. to ensure flavours are well distributed.

3. Just before serving, mix in both chili peppers, tomatoes and avocado. Serve in individual bowls garnished with lime wedges. Sprinkle top with a pinch of fleur de sel and serve with tortilla chips on the side. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1/2 cup lime juice
- 3 to 4 large fresh tomatillos, husks removed, washed
- 1 cup loosely packed fresh cilantro leaves
- 1/2 tsp kosher salt, plus more to taste
- 1 1/2 lbs cooked shrimp, shells and tails removed
- 1/2 lb of lump crabmeat
- 2 tsp minced each serrano pepper and habanero pepper
- 1 cup grape tomatoes, quartered
- 1 large avocado, peeled, pitted and diced
- Fleur de sel
- Lime wedges, to serve
- Tortilla chips, to serve

Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When Junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

ISTOCKPHOTO/THINKSTOCK

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. "So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel Fifty Shades of Grey is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

– Astrid Van Den Broek

NAVIGATE YOUR SEX LIFE IN SAFE, FUN WAY

While campuses often offer free protection by way of condoms, there are services of other sorts available notes Alice Balter, a Toronto-based sexual health educator.

"It's important to know the resources your campus offers such as counselling services or clubs and/or associations such as lesbian/gay/bisexual/transgender (LGBT) groups that you can get involved in," she says. "The more information you have about sexual health risks such as the influence of alcohol or sexual assault, and the positive aspects of sexuality such as intimacy and pleasure, the better you'll be equipped you'll be to navigate your sexual lives in a safe and fun way."

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infovph.ca

Passez le message pas le virus

SAFE SEX IS THE BEST SEX

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen glands, muscle pain, rash and fever. Syphillis is treated with antibiotics including penicillin.

BANANASTOCK/THINKSTOCK

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGRANULOMA VENEREUM (LGV): Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

GET REGULAR TESTS

How can you prevent STIs? "Wear condoms," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. Milhausen also notes regular testing is the second best prevention method. "And if you're sexually active, you should get tested for bacterial STIs every six to 12 months," she says. "Because if you happen to be infected, treatment can prevent long-term damage."

Want to find out more? Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

– Astrid Van Den Broek

MAKING ORGASMIC WAVES

CANADIAN-MADE WE-VIBE HAS UNIQUE BENEFIT THAT APPEALS TO BOTH GENDERS

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are also quick to share trade secrets among their girlfriends.

It may be this information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created for self-pleasure and couples' play — the No. 1 selling sex toy among playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-Spot and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps, going beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally-friendly find (it's rechargeable and body safe, made with medical-grade silicone and 100 per cent lead free), is touted as the most powerful couples vibrator.

Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves is the company's three super-powerful, yet highly compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango; and its latest offering for solo play, the Thrill by We-Vibe®, which is coming this fall to retail locations across Canada.

For full product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

– Tanya Enberg

Calgary Sexual Health Centre

Sexual Health Information for Everyone

Healthy sexuality is about more than pregnancy and disease – it's about awareness, relationships and open dialogue. We are a community based organization that provides non-judgmental sexual and reproductive health services to Calgarians across the lifespan.

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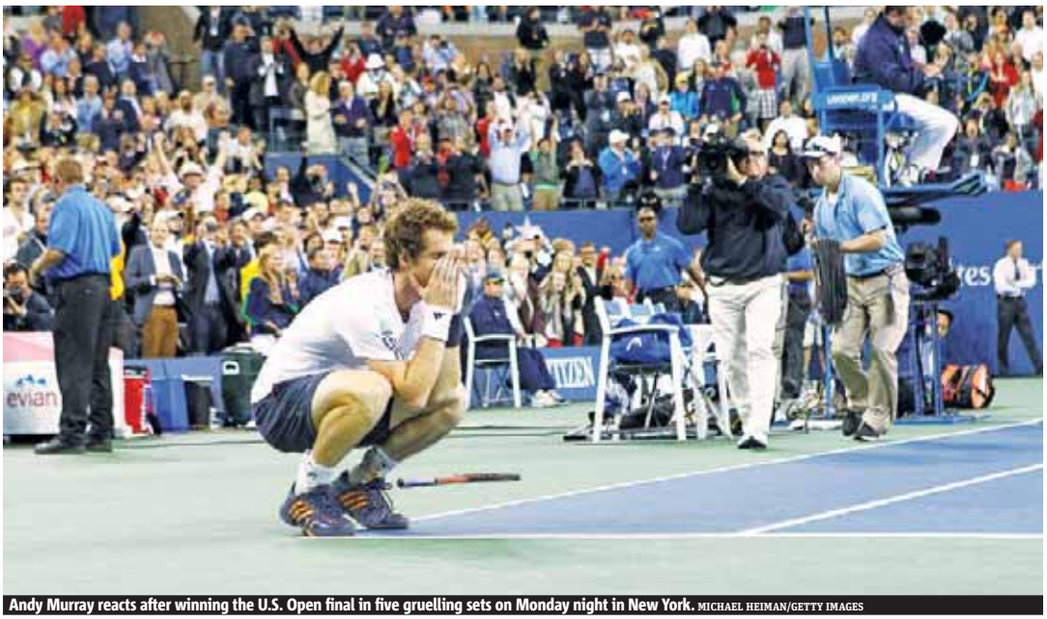
call us at: 403.283.5580
wwww.calgarysexualhealth.ca

SPORTS 4



Andy Murray reacts after winning the U.S. Open final in five gruelling sets on Monday night in New York. MICHAEL HEIMAN/GETTY IMAGES

Murray ends major drought at U.S. Open

Tennis. After blowing two-set lead, 25-year-old Scot recuperates to take title from Djokovic

His considerable lead, and a chance at history, slipping away, Andy Murray dug deep for stamina and mental strength, outlasting Novak Djokovic in a thrilling five-set U.S. Open final Monday.

It had been 76 years since a British man won a Grand Slam singles championship and, at least as far as Murray was concerned, it was well worth the wait.

Ending a nation's long drought, and snapping his own four-final skid in majors, Murray finally pulled through with everything at stake on a Grand Slam stage, shrugging off defending champion Djokovic's comeback bid to win 7-6 (10), 7-5, 2-6, 3-6, 6-2.

"Novak is so, so strong. He fights until the end in every single match," Murray said. "I don't know how I managed to come through in the end."

Yes, Murray already showed he could come up big by winning the gold medal in front of a home crowd at the London Olympics last month. But this was different. This was a Grand Slam tournament, the standard universally used to measure tennis greatness — and the 287th since Britain's Fred Perry won the 1936 U.S. Championships, as the event was known back then.

Murray versus Djokovic was a test of will as much as skill, lasting four hours and 54 minutes, tying the record for longest U.S. Open final. The first-set tiebreaker's 22 points set a tournament mark. They repeatedly produced fantastic, tales-in-themselves points, lasting 10, 20, 30, even 55 — yes, 55! — strokes, counting the serve. The crowd gave a standing ovation to salute one majestic, 30-stroke point in the fourth set that ended with Murray's forehand winner as Djokovic fell to the court, slamming on his left side.

By the end, Djokovic — who had won eight consecutive five-set matches, including in the semifinals (against Murray) and final (against Rafael Nadal) at the Australian Open in January — was the one looking fragile, trying to catch breathers and doing deep knee bends at the baseline to stretch his aching groin muscles. After getting broken to trail 5-2 in the fifth, Djokovic had his legs massaged by a trainer.

"I really tried my best," Djokovic said.

When Djokovic sent a forehand return long on the final point, Murray crouched and covered his mouth with both hands, as though even he could not believe his moment had actually arrived.

THE ASSOCIATED PRESS

By the numbers

1949

No one had blown a two-set lead in the U.S. Open title match since 1949, and Murray was determined not to claim that distinction.

NFL

Clock mistake gave Lions extra timeout in opener

St. Louis Rams coach Jeff Fisher says a mistake by the clock operator late in Sunday's last-second loss at Detroit basically gave the Lions an extra timeout that completely changed how the finish played out.

"In essence, Detroit was granted an extra timeout, I guess, if you want to look at it from our perspective," Fisher said Monday.

The league office agreed Monday. It's just a bit of consolation for a team coming off a two-win season that took the Lions to the wire on the road in their opening 27-23 loss.

THE ASSOCIATED PRESS

NFL

Nelson done for season as bad start gets worse for Bills

As if a deflating season-opening loss wasn't bad enough in putting a dent in the Buffalo Bills' high expectations. Now they have injuries to two key offensive players to contend with.

Receiver David Nelson will miss the rest of the season after tearing a ligament in his right knee. The news is at least a little more encouraging for running back Fred Jackson, who will miss at least four weeks after he also hurt his right knee.

THE ASSOCIATED PRESS

New York's LaRon Landry hits Buffalo's David Nelson on Sunday. GETTY IMAGES

Mobile sports

"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

Peliwo making move to professional ranks

Vancouver's Filip Peliwo celebrates his victory over Liam Broady in the U.S. Open boy's final on Sunday in New York. DAN ISTITENE/GETTY IMAGES

Filip Peliwo is leaving junior tennis ranked first in the world, with two Grand Slam titles in his pocket, and now is ready to concentrate on making his name in the pros.

The 18-year-old Vancouver native has already played 12 lower-level pro tournaments and earned a total of $10,276 US, but the life of a professional begins for good at a $15,000 ITF Futures Tour event in Markham, Ont., beginning Sept. 17.

"I think I'm very ready to begin the transition in the Futures," Peliwo said Monday at the National Training Centre in Montreal.

"I know I can get to the top level if I keep working and stay healthy."

There is nothing left to prove at the junior level. This summer he became the first Canadian male to win a Grand Slam of any kind when he claimed the Wimbledon junior boys singles title.

Peliwo made it two on Sunday when he bested England's Liam Broady in a three-set final of the U.S. Open junior draw.

That guaranteed he will be the No. 1-ranked junior for the rest of 2012, leaving him free to pursue his pro career full time.

"It feels good actually, now that I don't have to worry about the juniors," said Peliwo, who also reached the final of the Australian and French Open junior draws. "There are not as much expectations as there is in junior.

"I'm still the underdog.... I can just play my game, learn as much as a I can and try to get a few wins. I'm looking forward to it." THE CANADIAN PRESS

No guaranteed greatness

Past U.S. Open boys champions include Andy Murray (2004), Jo-Wilfried Tsonga (2003), Andy Roddick (2000) and David Nalbandian.

- But just as many go on to more modest careers.

Ravens' offence fires on all cylinders in rout of Bengals

NFL. Flacco takes centre stage in new up-tempo scheme

The Baltimore Ravens' new no-huddle offence gave the Cincinnati Bengals no chance to win.

Joe Flacco threw for 299 yards and two touchdowns, Ed Reed took an interception 34 yards for a score, and the Ravens rolled to a 44-13 victory Monday night to extend their home winning streak to 11 games.

Flacco and the offence worked this summer on running plays without a huddle, and when it came time to put the new scheme into action, the results were almost flawless. The Ravens amassed 430 yards, didn't commit a turnover and punted only twice.

"That tempo really helped us out because those guys can really get to the passer and really create a lot of pressure," Flacco said. "I think the fact that we were able to go up-tempo and kind of keep those guys on the field took its toll on them."

After letting an early 14-point lead dwindle to 17-13, the Ravens pulled away by scoring 24 straight points in just over six minutes. Ray Rice ran for 68 yards and two short scores, but instead of dominating the Baltimore attack in his usual fashion, the running back took a back seat to Flacco.

"Obviously, everything went pretty well for us tonight," Flacco said.

Not so for the Bengals, who made the playoffs last year without beating a team that qualified for post-season play. In this one, Cincinnati once again came up short against a high-calibre opponent.

"That certainly wasn't what we expected to have out there today," coach Marvin Lewis said. "We got outplayed and we got outcoached."

Although the 44 points were only 11 fewer than the Ravens mustered in two games against Cincinnati last year, Lewis insisted Baltimore's no-huddle attack wasn't the difference.

"I wish I could say it was the no-huddle," he said. "I think it's an effective thing for them, and it's something they'll continue to do, but I don't think it really bothered us."

And while the offence certainly was impressive, Baltimore's defence also excelled in its first game under coordinator Dean Pees. Playing without injured NFL defensive player of the year Terrell Suggs — who had 14 sacks last year — the Ravens dropped Andy Dalton four times.

Not only that, but Baltimore turned two turnovers into touchdowns over a two-minute span. THE ASSOCIATED PRESS

Running back Ray Rice of the Baltimore Ravens celebrates one of his two touchdown runs in a victory over the Cincinnati Bengals on Monday in Baltimore. PATRICK SMITH/GETTY IMAGES

Monday's game

Ravens	Bengals
44	13

NFL. Four surgeries and a 20-month layoff later, he's still Peyton Manning

Mike Tomlin needed only two words to describe the guy who ripped apart the Pittsburgh Steelers defence in the Mile High City.

"He's Peyton," the coach said with a shrug.

He's Peyton Manning — and he's back.

Wearing orange for the first time since his playing days at the University of Tennessee, the former Indianapolis Colts star wasn't about to let a 20-month layoff for neck surgery wreck his opening night debut with the Denver Broncos on Sunday.

Using the no-huddle, the four-time MVP led the Broncos on a trio of 80-yard touchdown drives and kept Ben Roethlisberger's troops guessing until the final whistle in a 31-19 victory.

Manning, who bid a tearful farewell to the Colts on March 7 when they cut him so they could begin anew with Andrew Luck, showed during the preseason that his right arm and neck were plenty strong. This, after missing all of last season with a nerve injury that weakened his throwing arm.

If anyone still wondered about his health six months after he switched teams in the biggest free-agent move in NFL history, Manning delivered a resounding answer.

His 71-yard touchdown throw to Demaryius Thomas, Manning's first as a Bronco, was also the 400th of his career. Manning reached the milestone in his 208th career game. Dan Marino did it in his 227th game and Brett Favre in his 228th.

"I've seen improvement every time he's gone out, going back to the beginning of pre-season" and even before that, coach John Fox said Monday.

"Physically, mentally, him adjusting to new teammates, new coaches, I think he's been tremendous."

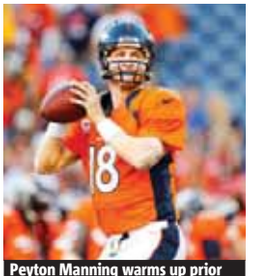
Manning completed 19 of 26 passes for 253 yards and two touchdowns — and a game ball.

"Hey, it was a great win, it's an honour to play football with you guys," Manning told his teammates in a jubilant locker room afterward. "Unbelievable team effort.... It sure was a great start, let's keep it going." THE ASSOCIATED PRESS

Quoted

"Knowing the guy, what kind of competitor he is, I never doubted for once that he would be playing again."

Broncos receiver Brandon Stokley



Peyton Manning warms up prior to the Broncos game Sunday. DOUG PENSINGER/GETTY IMAGES

Canadians get rowdy welcome in Panama

If the Canadian men's soccer team was hoping for a good night's sleep Monday, here's hoping the players packed some ear plugs.

Noisy Panamanian supporters planned to camp outside the Canadians' hotel for the second consecutive night Monday to throw off the opposition ahead of Tuesday's important World Cup qualifier.

"We'll see what happens," said captain Kevin McKenna. "I'm sure there were police there so we'll see."

Canada is first in its group halfway through the stage following Friday's 1-0 victory over Panama at Toronto's BMO Field. Gaining four points from its remaining three games would allow Canada to advance to the final round for the first time since 1998.

Panama is pulling out all the stops to avenge Canada's win. On Sunday night, more than 100 Panamanian supporters stood outside the Canadian hotel banging drums, setting off fireworks and inviting passing motorists to honk their horns.

"I've got three kids at home. I'm conditioned," coach Stephen Hart joked when asked how he slept. "It's normal."

Sunday's antics may have been just the warm-up act as local radio shows and newspapers encouraged fans to show up at the hotel with car stereos blaring.

Cars did their best to delay the Canadian team's bus en route to the stadium for training.

A capacity crowd of 31,000 fans is expected for Tuesday's game at the Estadio Rommel Fernandez in what could be the first truly hostile crowd of Canada's World Cup qualifying run. Previous gatherings in Puerto Rico, St. Lucia, St. Kitts and Cuba were far from overwhelming.

"We're footballers. We have to get used to this and playing in these environments — especially in CONCACAF," said defender David Edgar. "If we don't thrive on playing in atmospheres like this then why are you playing the game?"

Canada will be without two key players Tuesday. Striker Olivier Occean is injured and did not make the trip to Panama. Hart said he may rejig his formation as a result.

Midfielder Will Johnson is suspended for Tuesday's game because of yellow-card accumulation. THE CANADIAN PRESS

The Canadian men's national team celebrates Dwayne De Rosario's goal in a 1-0 win over Panama in Toronto on Friday. CHRIS YOUNG/THE CANADIAN PRESS

Quoted

"If we win, so be it. If we tie, it's sort of in the nature of playing away from home."

Canadian head coach Stephen Hart

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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	79	61	.564	—
Baltimore	78	62	.557	1
Tampa Bay	77	63	.550	2
Toronto	**64**	**75**	**.460**	**14½**
Boston	63	78	.447	16½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	76	64	.543	—
Detroit	73	67	.521	3
Kansas City	63	77	.450	13
Cleveland	59	82	.418	17½
Minnesota	59	82	.418	17½

WEST DIVISION

	W	L	Pct	GB
Texas	83	57	.593	—
Oakland	80	60	.571	3
Los Angeles	77	64	.546	6½
Seattle	67	74	.475	16½

Monday's results

Minnesota 7 Cleveland 2

Chicago White Sox 6 Detroit 1

Oakland at L.A. Angels

Sunday's results

Toronto 4 Boston 3

N.Y. Yankees 13 Baltimore 3

Tampa Bay 6 Texas 0

Minnesota 8 Cleveland 7

Kansas City 2 Chicago White Sox 1 (10 inn.)

L.A. Angels 3 Detroit 2

Oakland 4 Seattle 2

Tuesday's games — All TImes Eastern

Tampa Bay (M.Moore 10-9) at Baltimore (Mig.Gonzalez 6-4), 7:05 p.m.

Seattle (Er.Ramirez 0-2) at **Toronto (Morrow 8-5)**, 7:07 p.m.

N.Y. Yankees (Kuroda 13-10) at Boston (Lester 9-11), 7:10 p.m.

Cleveland (U.Jimenez 9-15) at Texas (M.Harrison 15-9), 8:05 p.m.

Detroit (Fister 8-8) at Chicago White Sox (Peavy 10-10), 8:10 p.m.

Kansas City (W.Smith 4-7) at Minnesota (Diamond 11-6), 8:10 p.m.

Oakland (Straily 1-0) at L.A. Angels (Williams 6-7), 10:05 p.m.

Wednesday's games

Tampa Bay at Baltimore, 7:05 p.m.

Seattle at **Toronto,** 7:07 p.m.

N.Y. Yankees at Boston, 7:10 p.m.

Cleveland at Texas, 8:05 p.m.

Detroit at Chicago White Sox, 8:10 p.m.

Kansas City at Minnesota, 8:10 p.m.

Oakland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	87	54	.617	—
Atlanta	81	61	.570	6½
Philadelphia	70	71	.496	17
New York	65	76	.461	22
Miami	63	79	.444	24½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	84	57	.596	—
St. Louis	75	65	.536	8½
Pittsburgh	72	67	.518	11
Milwaukee	70	71	.496	14
Chicago	55	86	.390	29
Houston	44	97	.312	40

WEST DIVISION

	W	L	Pct	GB
San Francisco	79	62	.560	—
Los Angeles	74	67	.525	5
Arizona	69	72	.489	10
San Diego	66	75	.468	13
Colorado	57	83	.407	21½

Monday's results

Philadelphia 3 Miami 1

Washington 5 N.Y. Mets 1

Milwaukee 4 Atlanta 1

Colorado 6 San Francisco 5

Chicago Cubs 4 Houston 1

Pittsburgh at Cincinnati

St. Louis at San Diego

Sunday's results

Philadelphia 3, Colorado 2, 1st game

Atlanta 3, N.Y. Mets 2, 10 innings

Houston 5, Cincinnati 1

Chicago Cubs 4, Pittsburgh 2

Miami 8, Washington 0

St. Louis 5, Milwaukee 4, 10 innings

San Diego 8, Arizona 2

Philadelphia 7, Colorado 4, 2nd game

San Francisco 4, L.A. Dodgers 0

Tuesday's games — All Times Eastern

Miami (Eovaldi 4-11) at Philadelphia (Halladay 9-7), 7:05 p.m.

Pittsburgh (Correia 10-8) at Cincinnati (Leake 7-9), 7:10 p.m.

Washington (Zimmermann 10-8) at N.Y. Mets (Dickey 18-4), 7:10 p.m.

Chicago Cubs (Germano 2-6) at Houston (Lyles 3-11), 8:05 p.m.

Atlanta (T.Hudson 14-5) at Milwaukee (Estrada 2-6), 8:10 p.m.

San Francisco (Bumgarner 14-10) at Colorado (Chacin 2-5), 8:40 p.m.

L.A. Dodgers (Kershaw 12-8) at Arizona (I.Kennedy 12-11), 9:40 p.m.

St. Louis (Wainwright 13-12) at San Diego (Volquez 9-10), 10:05 p.m.

Wednesday's games

Miami at Philadelphia, 4:05 p.m.

St. Louis at San Diego, 6:35 p.m.

Pittsburgh at Cincinnati, 7:10 p.m.

Washington at N.Y. Mets, 7:10 p.m.

Chicago Cubs at Houston, 8:05 p.m.

Atlanta at Milwaukee, 8:10 p.m.

San Francisco at Colorado, 8:40 p.m.

L.A. Dodgers at Arizona, 9:40 p.m.

AUTO RACING

NASCAR SPRINT CUP SCHEDULE

Sep. 16 — GEICO 400, Joliet, Ill.
Sep. 23 — Sylvania 300, Loudon, N.H.
Sep. 30 — AAA 400, Dover, Del.
Oct. 7 — Good Sam Roadside Assistance 500, Talladega, Ala.
Oct. 13 — Bank of America 500, Concord, N.C.
Oct. 21 — Hollywood Casino 400, Kansas City, Kan.
Oct. 28 — TUMS Fast Relief 500, Ridgeway, Va.
Nov. 4 — AAA Texas 500, Fort Worth, Texas
Nov. 11 — Phoenix 500, Avondale, Ariz.
Nov. 18 — Ford EcoBoost 400, Homestead, Fla

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	255	253	12
Montreal	10	6	4	0	273	310	12
Hamilton	10	3	7	0	297	339	6
Winnipeg	10	2	8	0	200	321	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Sunday's result

Saskatchewan 25 Winnipeg 24

Saturday's results

B.C. 43 Montreal 10

Toronto 45 Hamilton 31

Friday's result

Calgary 20 Edmonton 18

WEEK 12

Friday's game — All Times Eastern

Winnipeg at Calgary, 9 p.m.

Saturday's games

Edmonton at Hamilton, 3 p.m.

Toronto at B.C., 7 p.m.

Sunday's games

Saskatchewan at Montreal, 1 p.m.

NFL

WEEK ONE

Monday's results

Baltimore 44 Cincinnati 13

San Diego at Oakland

Sunday's results

Chicago 41 Indianapolis 21

Minnesota 26 Jacksonville 23 (OT)

Houston 30 Miami 10

New England 34 Tennessee 13

Washington 40 New Orleans 32

Atlanta 40 Kansas City 24

N.Y. Jets 48 Buffalo 28

Detroit 27 St. Louis 23

Philadelphia 17 Cleveland 16

Arizona 20 Seattle 16

San Francisco 30 Green Bay 22

Tampa Bay 16 Carolina 10

Denver 31 Pittsburgh 19

WEEK TWO

Thursday, Sep. 13 — All Times Eastern

Chicago at Green Bay, 8:20 p.m.

Sunday, Sep. 16

Tampa Bay at N.Y. Giants, 1 p.m.

New Orleans at Carolina, 1 p.m.

Arizona at New England, 1 p.m.

Minnesota at Indianapolis, 1 p.m.

Baltimore at Philadelphia, 1 p.m.

Kansas City at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Houston at Jacksonville, 1 p.m.

Oakland at Miami, 1 p.m.

Dallas at Seattle, 4:05 p.m.

Washington at St. Louis, 4:05 p.m.

Tennessee at San Diego, 4:25 p.m.

N.Y. Jets at Pittsburgh, 4:25 p.m.

Detroit at San Francisco, 8:20 p.m.

Monday, Sep. 17

Denver at Atlanta, 8:30 p.m.

GOLF

LPGA KINGSMILL CHAMPIONSHIP

At Williamsburg, Va.
Par: 71
Final Round
x-won on ninth playoff hole

x-Jiyai Shin, $195,000	62-68-69-69—268
Paula Creamer, $120,655	65-67-65-71—268
Karine Icher, $77,618	70-68-67-65—270
Danielle Kang, $77,618	67-64-70-69—270
Angela Stanford, $49,544	69-67-71-64—271
Catriona Matthew, $49,544	67-70-66-68—271
Mika Miyazato, $35,011	66-70-70-66—272
Ai Miyazato, $35,011	67-68-67-70—272
Maria Hjorth, $26,010	65-69-71-68—273
Gerina Piller, $26,010	67-69-68-69—273
Stacy Lewis, $26,010	69-65-68-71—273
Azahara Munoz, $26,010	65-68-69-71—273
Also:	
Isabelle Beisiegel, $9,182	**67-70-71-71—279**
Lorie Kane, $3,633	**69-72-74-69—284**

PGA FEDEXCUP STANDINGS

Through Sept. 9

1. Rory McIlroy	7,299—$7,842,192
2. Tiger Woods	4,067—$5,885,158
3. Nick Watney	3,586—$2,800,524
4. Phil Mickelson	3,420—$4,036,621
5. Brandt Snedeker	3,357—$3,549,739
6. Louis Oosthuizen	3,167—$3,320,195
7. Dustin Johnson	3,097—$3,188,060
8. Lee Westwood	2,726—$2,888,569
9. Zach Johnson	2,576—$4,326,804
10. Jason Dufner	2,575—$4,717,304
11. Bubba Watson	2,377—$4,340,997
12. Sergio Garcia	2,043—$2,342,916
13. Steve Stricker	2,028—$3,272,821
14. Keegan Bradley	2,007—$3,769,858
15. Luke Donald	2,005—$3,044,024
16. Matt Kuchar	2,002—$3,697,305
17. Carl Pettersson	1,976—$3,386,656
18. Jim Furyk	1,966—$3,079,805
19. Bo Van Pelt	1,950—$2,837,749
20. Robert Garrigus	1,945—$2,547,683
21. Adam Scott	1,923—$2,742,757
22. Ernie Els	1,922—$3,247,818
23. Hunter Mahan	1,899—$3,771,193
24. Justin Rose	1,791—$3,426,930
25. Webb Simpson	1,782—$3,132,758
26. John Huh	1,640—$2,490,013
27. Rickie Fowler	1,600—$2,925,493
28. Ryan Moore	1,568—$1,580,944
29. John Senden	1,512—$1,782,251
30. Scott Piercy	1,499—$2,375,630
Did not advance to Tour Championship:	
31. Kyle Stanley	1,492—$2,351,857
32. Bill Haas	1,471—$2,349,951
33. Vijay Singh	1,406—$1,347,957
34. Kevin Stadler	1,403—$1,516,786
35. Greg Chalmers	1,402—$1,166,627
36. Johnson Wagner	1,386—$2,225,007
37. Seung-Yul Noh	1,379—$1,629,751
38. Bud Cauley	1,342—$1,721,515
39. Ian Poulter	1,280—$1,715,271
40. Tom Gillis	1,277—$1,125,258
41. Ben Curtis	1,230—$2,416,473
42. Graeme McDowell	1,222—$2,408,279
43. Padraig Harrington	1,213—$1,546,272
44. Jeff Overton	1,199—$1,326,757
45. Troy Matteson	1,190—$1,198,953
46. Marc Leishman	1,165—$1,933,761
47. Geoff Ogilvy	1,164—$1,255,223
48. J.B. Holmes	1,153—$1,160,210
49. Chris Kirk	1,152—$1,161,303
50. William McGirt	1,125—$1,217,699
51. Brian Harman	1,122—$1,113,276
52. Kevin Na	1,095—$1,990,455
53. Graham DeLaet	**1,085—$1,051,951**
54. Pat Perez	1,073—$1,064,053
55. Ryan Palmer	1,070—$1,411,807
56. Tim Clark	1,065—$1,407,028
57. Brendon de Jonge	1,065—$1,314,464
58. Bob Estes	1,058—$970,282
59. Mark Wilson	1,049—$2,052,780

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	46
Houston	28	12	7	9	40	33	45
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	32	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	27	16	6	5	56	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Wednesday's game — All Times Eastern
Chicago at Toronto, 7 p.m. (rescheduled from July 21)
Friday, Sept. 14
Houston at Kansas City, 8:30 p.m.
Colorado at Los Angeles, 11 p.m.
Saturday, Sept. 15
Philadelphia at Toronto, 1 p.m.
Seattle at Portland, 3:30 p.m.
Columbus at New York, 7 p.m.
New England at D.C. United, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Vancouver at Dallas, 8:30 p.m.
San Jose at Chivas USA, 10:30 p.m.

CONCACAF

WORLD CUP QUALIFYING
Group A

	GP	W	D	L	GF	GA	Pt
Jamaica	3	2	1	0	4	2	7
U.S.	3	1	1	1	5	4	4
Guatemala	3	1	1	1	5	4	4
Antigua	3	0	1	2	2	6	1

Tuesday's games — All Times Eastern
At St. John's, Antigua
Antigua vs. Guatemala, 7 p.m.
At Columbus, Ohio
U.S. vs. Jamaica, 8:11 p.m.
Friday's results
At Kingston, Jamaica
Jamaica 2 U.S. 1
At Guatemala City
Guatemala 3 Antigua 1
Friday, Oct. 12
Antigua and Barbuda vs. U.S.
Guatemala vs. Jamaica
GROUP B

	GP	W	D	L	GF	GA	Pt
Mexico	3	3	0	0	7	2	9
Costa Rica	3	1	1	1	6	4	4
El Salvador	3	0	2	1	5	6	2
Guyana	3	0	1	2	3	9	1

Tuesday's games — All Times Eastern
At Georgetown, Guyana
Guyana vs. El Salvador, 8 p.m.
At Mexico City
Mexico vs. Costa Rica, 8 p.m.
Friday's results
At San Salvador, El Salvador
El Salvador 2 Guyana 2
At San Jose, Costa Rica
Mexico 2 Costa Rica 0
Friday, Oct. 12
El Salvador vs. Costa Rica
Guayna vs. Mexico

GROUP C

	GP	W	D	L	GF	GA	Pt
Canada	**3**	**2**	**1**	**0**	**2**	**0**	**7**
Panama	3	2	0	1	3	1	6
Honduras	3	1	1	1	3	2	4
Cuba	3	0	0	3	0	5	0

Tuesday's games — All Times Eastern
At Panama City
Panama vs. **Canada**, 9:05 p.m.
At San Pedro Sula, Honduras
Honduras vs. Cuba, 9:30 p.m.
Friday's results
At Havana
Honduras 3 Cuba 0
At Toronto
Canada 1 Panama 0
Friday, Oct. 12
Canada vs. Cuba
Panama vs. Honduras
Tuesday, Oct. 16
Cuba vs. Panama
Honduras vs. **Canada**

INTERNATIONAL SCORES

Monday
Exhibition
Indonesia 0, North Korea 2
Laos 2, Philippines 1
Brazil vs. China

EUROPEAN CHAMPIONS LEAGUE

Tuesday, Sept. 18
Dinamo Zagreb (Croatia) vs. Porto (Portugal), 2:45 p.m.
Paris Saint-Germain (France) vs. Dynamo Kiev (Ukraine), 2:45 p.m.
Montpellier (France) vs. Arsenal (England), 2:45 p.m.
Olimpiakos (Greece) vs. Schalke (Germany), 2:45 p.m.
AC Milan (Italy) vs. Anderlecht (Belgium), 2:45 p.m.
Malaga (Spain) vs. Zenit St. Petersburg (Russia), 2:25 p.m.
Borussia Dortmund (Germany) vs. Ajax (Netherlands), 2:45 p.m.
Real Madrid (Spain) vs. Manchester City (England), 2:45 p.m.

TENNIS

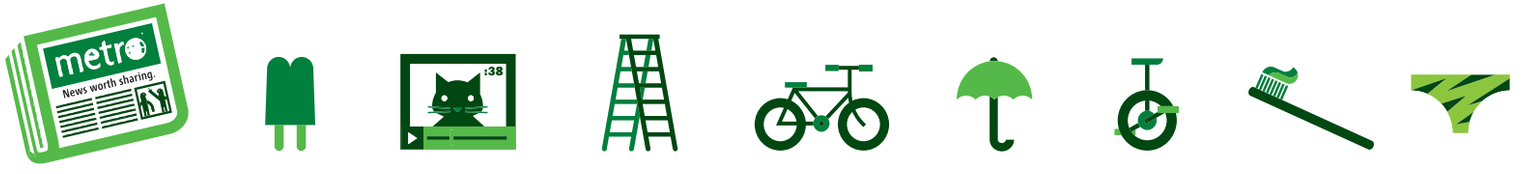
U.S. OPEN

At New York
Singles
MEN
Championship
Andy Murray (3), def. Novak Djokovic (2), 7-6 (12-10), 7-5, 2-6, 3-6, 6-2.
WOMEN
Championship
Serena Williams (4), United States, def. Victoria Azarenka (1), Belarus, 6-2, 2-6, 7-5.

WTA BELL CHALLENGE

At Quebec City
Singles
First Round
Annika Beck, Germany, def. Romina Oprandi (5), Switzerland, 6-1, 7-6 (11).
Tatjana Malek, Germany, def. Alexa Glatch, U.S., 7-6 (3), 6-3.
Doubles
First Round
Julie Coin, France, and Marie-Eve Pelletier, Repentigny, Que., def. Elena Bovina, Russia, and Lenka Wienerova, Slovakia, 6-4, 6-3.
Eugenie Bouchard, Westmount, Que., and Irina Falconi, U.S., def. Maria Abramovic, Croatia, and Amra Sadikovic, Switzerland, 6-2, 3-6, 10-8 tiebreak.

Sharability



Horoscopes

♈ Aries
March 21 - April 20
Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

♉ Taurus
April 21 - May 21
Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

♊ Gemini
May 22 - June 21
You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

♋ Cancer
June 22 - July 23
Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

♌ Leo
July 24 - Aug. 23
You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

♍ Virgo
Aug. 24 - Sept. 23
You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

♎ Libra
Sept. 24 - Oct. 23
Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

♑ Capricorn
Dec. 22 - Jan. 20
Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

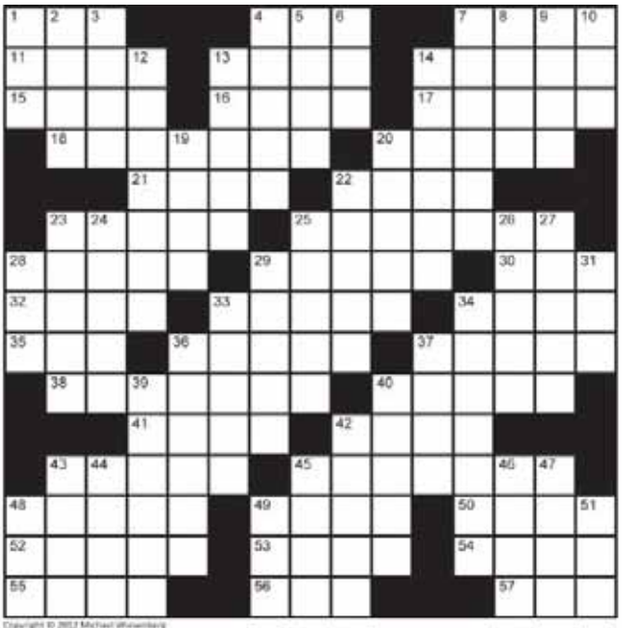
♒ Aquarius
Jan. 21 - Feb. 19
Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

♓ Pisces
Feb. 20 - March 20
Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

BY MICHAEL WIESENBERG



Across
1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck

Down
1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have $100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. ITunes downloads
34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8			4		5			6
	6		8		3		4	
		4				2		
		9	7		1	3		
7								4
		8	9		4	5		
		7				8		
	1		6		7		2	
5			3		9			1

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 13° MIN: 5°	MAX: 15° MIN: 4°	MAX: 23° MIN: 9°

BT BREAKFAST TELEVISION

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WEEKDAYS 5:30 AM

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Northwest

Beacon Hill Centre

Dalhousie Station

Market Mall

North Hill Centre

Northland Village Mall

207 14 St NW

822 Crowfoot Cres NW

Southeast

Deerfoot Meadows

Dragon City Mall

Quarry Park

Shepard Centre

Southcentre Mall

1288 42 Ave SE

3012 17 Ave SE

4410 50 Ave SE

6039 Centre St South

7845 Flint Rd SE

16061 Macleod Trail SE

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

TD Square

Westbrook Mall

Westhills Town Centre

321 6th Ave SW

1708 8th St SW

2008 33 Ave SW

4623 Bow Trail SW

4825 Macleod Trail SW

Cochrane

201 Grand Blvd West

312 5 Ave West Bay 15

Okotoks

118 Elizabeth St

31 Southridge Dr

Rocky View

CrossIron Mills

Strathmore

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